



Low GI grocery list

The items in the table below are good to have at home or should be on your next grocery list.

Fish, poultry, lean meat and eggs contain no carbohydrates, therefore have no GI value.

Keep in mind, that potatoes have a high GI (except for sweet potatoes). You can lower the GI by eating them with protein food.

Fruit	Low: apples, grapefruit, kiwis, oranges, peaches, pears, Medium: apricots, bananas, papaya, pineapple, watermelon
Vegetables	Non-starchy veggies (no GI value): asparagus, broccoli, Brussels sprouts, cauliflower, green beans, spinach Low-starch veggies (low-medium GI): butternut squash, sweetcorn, sweet potatoes
Bread	Pumpernickel, stoneground whole wheat bread, wholegrain bread, sourdough bread, bread with barley, rye, oats, soy, cracked wheat, sunflower seeds, linseeds
Cereals/Grains	Old fashioned oats, oat bran, muesli, all-bran, barley, bulgar, basmati rice, brown long grain rice, wild rice, pasta
Beans & legumes	Black beans, butter beans, cannellini beans, kidney beans, lentils, mung beans, pinto beans, split peas
Nuts & seeds	Almonds, Brazil nuts, cashews, hazelnuts, pinenuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds and chia seeds